

## ABSTRACT

The present invention relates to a toner, comprising a binder resin, a colorant and two kinds of infrared absorbing agents, and

having a maximum absorbance of the toner in a wavelength range of 810 to 870 nm that is greater, preferably two or more times greater than the maximum absorbance of the toner in a wavelength range of 870 to 1,000 nm, and also relates to

an image-forming method which uses a flash fixing system with a xenon lamp serving as its light source, and is characterized by using the above-mentioned toner.